



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	9:00 – 9:45am SilverSneakers® MSROM (01)		9:00 – 9:45am SilverSneakers® MSROM (01)			9:00 – 9:45am Body Sculpt (01)
						10:00 – 10:45am Boot Camp (01)
	6:00 – 6:45pm Dance Aerobics (01)					
		6:30 – 7:15pm Cycle (01)		6:30 – 7:15pm Cycle (02)		
	7:00 – 7:45pm Urban Line Dancing (01)	7:30 – 8:15pm Yoga (01)	7:00 – 7:45pm Core Conditioning (01)			

### Health & Well-being Program Fees

Program Code	Class Name	Frequency	Member Rate	Open Rate
02176	Body Sculpt	1x/wk	FREE	*
02152	Boot Camp	1x/wk	FREE	*
02182	Core Conditioning	1x/wk	FREE	*
02167	Cycle	2x/wk	FREE	*
02186	Dance Aerobics	1x/wk	FREE	*
02371	SilverSneakers® MSROM	2x/wk	FREE	*
02187	Urban Line Dancing	1x/wk	FREE	*
02231	Yoga	1x/wk	FREE	*

*\*Free programs are reserved for members only. If you would like to participate in these programs, please inquire about our membership options.*

#### FitLinxx®

Our digital training partner that takes the “work” out of “working out”. FitLinxx® provides instant training feedback and recommended exercise programs. It also measures your fitness progress.

**FREE FOR MEMBERS!**

#### Personal Training

Personal Training is built around your schedule. Must purchase in packages.

Pkg	Member Rate	Open Rate
1 Session	\$60	\$120
3 Sessions	\$174	\$348
6 Sessions	\$336	\$672
12 Sessions	\$654	\$1,308
18 Sessions	\$954	\$1,908
25 Sessions	\$1,300	\$2,600



### FitLinxx®

Our digital training partner that takes the “work” out of “working out”. FitLinxx® provides instant training feedback and recommended exercise programs. It also measures your fitness progress. ONE-TIME ORIENTATION IS FREE FOR MEMBERS.

### Personal Training (02140)

Our certified Personal Fitness Trainer will motivate, support and educate members within a positive relaxed atmosphere of total well-being, as they develop an incredible fitness routine that is tailored to your specific needs.

## Health & Well-being Classes

### Body Sculpt (02176)

A conditioning class that sculpts your muscles and increases muscular strength and muscular endurance. Classes may use dumbbells, bands, body bars, stability balls, or other tools to sculpt your muscles.

### Boot Camp (02152)

This is a results based program where we motivate, coach, encourage and educate Women and Men of every shape, size and fitness level through a non-intimidating, yet intense fitness program that will change your mind and body forever. In this program you will experience weight training, calisthenics, circuit training, obstacle course, core training, running, and much more.

### Core Conditioning (02182)

An abdominal workout using body weight, stability balls, bands or other tools to strengthen the abs, low back, and hip areas – your “core” muscles..

### Cycle (02167)

An instructor led indoor cycling class that includes various drills and cardio challenges for all participant levels.

### Dance Aerobics (02186)

An exciting and energetic way of dancing that isolates muscles, strengthens coordination, improves balance, and pumps up your cardio all while just letting loose and moving to the music.

### SilverSneakers® Muscle Strength & Range of Movement (MSROM) (02371)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activity for daily living skills. Hand-held weights, elastic tubing with handles and a SilverSneakers ball are alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

### Urban Line Dancing (02187)

Learn the latest dance steps and exercise at the same time.

### Yoga (02231)

A relaxing but invigorating workout that burns calories, sculpts your body, increases flexibility and promotes a sense of inner calmness.

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\* The SilverSneakers® Fitness Program is the nation’s leading comprehensive Fitness program designed exclusively for older adults. It involves unique physical activity and social oriented programs that address the needs of the Medicare population. To learn about eligibility requirements, check with the member service desk.